

# I.N.S.P.I.R.E.

Magazine

Issue 002

## **Illuminate.**

Kristina Savka on helping women be seen, heard & whole.

## **Nuture.**

Christine Innes on rebuilding life through values & vision.

## **Shine.**

Scent of Purpose: Using aromatherapy to spark your light.

## **Purpose.**

The Sacred Ripple of Inner Work with Larissa Beattie.

## **Inspire.**

Our Manifesto: Why your story is your greatest power.

## **Rise.**

The Power of Two Michelle & Di on mindset, magic & rising strong.

## **Empower.**

Own your power. Ignite the world. Start within.



“When a woman remembers her worth, the world can’t help but see her light.”

— Kristina Savka

# editor's letter



Welcome to this powerful edition of I.N.S.P.I.R.E. Magazine—a space created to honour the changemakers, the truth-tellers, and the women who are choosing to rise.

As I sit with the pages of this issue, I'm reminded that illumination doesn't just come from being in the spotlight—it comes from owning your truth, sharing your story, and giving others permission to do the same.

This magazine was never just about inspiration. It's about activation. It's about stepping out of hiding. About choosing courage over comfort. About remembering who you are—and letting that light lead the way.

In this issue, you'll meet visionaries who are doing just that. From our cover star Kristina Savka, who turned self-doubt into a movement of embodied worth, to our feature on Those2Sisters, whose bold blend of neuroscience, mindset and real talk is helping women rise—we're showcasing what it truly means to live illuminated.

You'll also find rituals, reflections, and stories that spark something in you.

Because this isn't just a magazine.

It's a mirror.

An invitation to remember that you, too, are a light.

So may these pages remind you of your power, your presence, and your purpose.

And may you never dim your light again.

*Christine xo*

**Christine Innes  
Editor-in-Chief**



# I.N.S.P.I.R.E.

At I.N.S.P.I.R.E. Magazine, we shine a light on changemakers, storytellers, and visionaries—illuminating the path for others to rise, lead, and make an impact.



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JOIN US FOR AN AMAZING EVENT

# BUSINESS WITH THE STARS

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to  
November 2



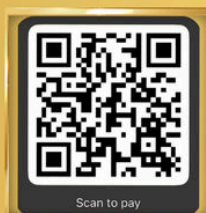
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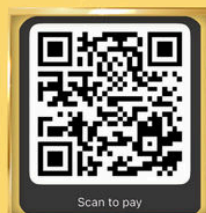
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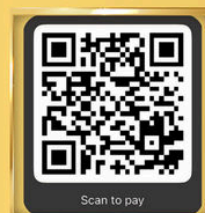
Business with the stars  
3 days stall 31/10 to 2/12



Business with the stars  
3 days pass



Business with the stars  
single day pass



For more inquiries, email us at [murielbraunmarie@icloud.com](mailto:murielbraunmarie@icloud.com)  
or send us a text at 0458-106-896

“

**Dreams +  
Action =  
Reality**

”

CHRISTINE INNES

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INTRODUCING

# CREATE YOUR IDEAL DAY

*worksheet*

Wanting to create a day that you absolutely love and get to live on repeat?

The Ideal Day worksheet will take you through all the steps you need to start creating your ideal day.





I want my legacy to be a mirror—one that reflects back the beauty, power, and worth within every woman who ever questioned her value. The deeper reason behind my work isn't just style, though fashion is the language I speak—it's self-remembrance. It's guiding others back to the truth that they are enough, radiant, and deserving of visibility, not just in the world, but in their own eyes.

My journey has been shaped by trauma, comparison, and the long road to healing. But it's through that journey that I've become who I am: a woman who turns pain into purpose, and silence into self-expression. I want people to feel seen because I was willing to be vulnerable. I want them to learn that real confidence begins within—and that true beauty is rooted in authenticity.

When future generations speak my name, I hope they feel empowered to own their voice, their story, and their presence. I hope they collaborate, not compete. Lead with soul, not image. And know that personal style is not about perfection—it's about alignment.

My brand is not just a business; it's a legacy of liberation. It's a movement toward embodied self-worth, where women rise not in spite of their wounds, but because of them.

This is the mark I'm here to make: not just a more stylish world—but a more self-aware, self-honoring one.

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*'It's not just about what we wear—it's about how we carry our worth.'*

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# STYLED & SEEN

Kristina is a transformational stylist, soul-led mentor, and guide for women who are ready to rise. In this powerful feature, she shares how her journey through comparison and self-doubt became a calling to help women express their truth, reclaim their worth, and be seen in every sense of the word—inside and out.

Words by Kristina Savka  
Photography by Forough Yavari.

We sat down with Kristina to explore the story behind the style — a journey of resilience, reclamation, and radiant self-worth.

With grace and fierce compassion, she's built a brand rooted not in trends, but in truth. Through her soulful work, Kristina doesn't just help women get dressed — she helps them come home to themselves.

In this thoughtful conversation, she shares the defining moments that shaped her mission, her passion for helping others shine, and the legacy she hopes to leave through the art of being unapologetically seen.

**Your journey is powerful. Can you share the moment that sparked it all—the moment you knew you were meant to do this work?**

From a young age, I experienced the pain of constant comparison and manufactured competition with my sister—a dynamic that quietly eroded my self-worth and planted seeds of self-doubt. For years, I struggled with feeling “less than,” yet those challenges became the crucible for my calling. They ignited a vision rooted in compassion, not comparison. Today, I empower women to celebrate their individuality and collaborate over competition. That wound became wisdom—and my life's work now centers on guiding others to reclaim their self-image, radiate confidence, and rise together in unity and purpose.

**What challenges have shaped your path, and how have they helped you become the visionary you are today?**

The moment everything shifted came in my early 40s. I realized I could no longer simply style someone's outer appearance while their inner voice was quietly sabotaging their light. Time and again, I watched brilliant women shrink, choosing safety over self-expression. I couldn't ignore their pain—I knew I was meant to go deeper. That was the spark. I began holding space for their stories, modeling self-permission, and guiding them to reclaim their worth. It was then I understood: style is just the doorway—transformation happens when a woman is finally seen.

**Tell us about the mission behind your brand. What impact are you here to create, and what drives you forward every day?**

The mission behind my brand is to awaken the brilliance in others that's too often hidden beneath layers of self-doubt, comparison, and conditioning. I'm here to guide women—especially leaders, creatives, and visionaries—to step into alignment with their truest essence and express it with unapologetic confidence. What drives me is knowing that when a woman reclaims her worth and lives in her full presence, she gives others permission to do the same. This isn't just about style—it's about liberation, legacy, and leading from within.

**In a world full of noise, how do you stay grounded in your truth and lead with authenticity?**

In a world full of noise, I stay grounded by returning to the truth of who I am and why I began this journey. I've lived through the pain of comparison, of feeling unseen—and I've turned that into purpose. I lead from experience, empathy, and intuition, not ego. My connection to self—through creativity, spiritual practice, and quiet reflection—keeps me anchored. Authenticity isn't a performance; it's a daily devotion to integrity. I stay aligned by listening deeply, honoring my story, and walking beside others as they rise into their own.

**When you think about living an inspired life, what does that truly look and feel like for you? And when your name is spoken long after you're gone—what legacy, energy, or impact do you hope lingers in the hearts of others?**

Living an inspired life, to me, means embodying grace, purpose, and presence in every moment. It's waking up each day deeply connected to who I am, honoring the wisdom of my journey, and using my gifts to help others rise. It feels like creative flow, soulful alignment, and fierce compassion woven together.

When my name is spoken long after I'm gone, I hope the echo left behind is one of transformation—of women who remembered their worth, dared to shine, and chose collaboration over competition because someone once saw their light and reflected it back.



**Now, I help women see their worth—then wear it with confidence.**

**What's something most people don't know about you, but has deeply shaped who you are today?**


Something most people don't know about me is that I've carried the weight of deep childhood trauma and navigate complex PTSD every day. But rather than define me, it has refined me. My greatest strength has come from my unwavering connection to my Higher Power—a sacred relationship that brings purpose to my pain and transforms survival into service. It's this daily spiritual grounding that allows me to live intentionally, to lead with compassion, and to remind others that healing is not only possible—it's powerful.


**What's one powerful lesson or piece of advice you'd share with someone currently navigating the messy middle of building their business?**

One powerful lesson I'd share is this: embrace the messy middle as the essential space where transformation happens. It's in the discomfort, the doubts, and the uncertainty that your true vision is forged.

Instead of rushing to the finish line or comparing yourself to others, lean into your unique story and give yourself permission to grow at your own pace. Remember, building your business isn't just about strategy—it's about healing your relationship with yourself so you can show up fully, authentically and magnetically for what's next. Trust the process; your breakthrough is unfolding.

You can connect with Kristina here:

 | @kristinasavka

 | kristinasavkamentor

 | kristinasavka



**I'VE LEARNED THAT  
MAKING A LIVING IS  
NOT THE SAME THING  
AS MAKING A LIFE.**

**Maya Angelou**

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# Courage to start again

*From climbing the Corporate Ladder to launching my first business The Corporate Escapist. Christine has lived through it all and is now on a mission to inspire and equip you with the tools and resources you need to do the same*

That pivotal moment when you need to make a decision and all you want to do is run and hide.

This was me for most of my life. Making a decision was hard. I would procrastinate and do anything I could to simply not make any decision at all.

What I have found over the past few years, is that every time I did this, in fact I was making a decision.

## NO DECISION IS A DECISION

When I hit rock bottom nearly 10 years ago, I knew that the key to rebuilding my life was getting back into the driver's seat again. It was me taking

control of my life... hence making all of the decisions and taking the responsibility.

One of the key learning lessons for me was that I didn't actually stand for anything.

In order to change this I needed to have my own set of values in my life that I could live and breathe by and also make decision in my life based on these values.

They are the values that became the solid foundation for my life.

It is also the foundation for my business.

These values brought me back and now I can say that making a decision is a lot easier now.

If you are sitting thinking, "OK this all sounds great, but how do I even know or find out what my own values are?"

Great question... It took me quite a while to work mine out.

I googled values and then become overwhelmed with all of the different words and meanings.

So here is the way I simplify it for you.

1, Take a moment and find a quiet space and list down 3 words to describe yourself.

For me, it was Kind, Caring and Compassionate.

2, Now ask yourself what are 3 words you want to be known for.

For me, it was, Kind, trustworthy and caring.

3. Now if you notice a theme, expand on it.

Start writing a list of words- approximately 20- that resonate with you.

Stay with me, as with these 20 words, put them in order from 1 - 20 with one being the most you resonate with to the one you least resonate with.

The goal is to be left with your top 5 values.

Now this doesn't need to be set in stone and can change.

The best part is that you can come and repeat this multiple times in your life.

The key is that these values will help you make decisions.

If you are asked a question for example you can refer back to your top 5 values and check in.

Ask yourself if the response you will give the question is in alignment.

Here is an example for you.

I was asked to partner with another company and before I made the decision, I asked them for their values both personally and also for the business.

When they told me, their values did not align with mine.

My top 5 values are

1. Authenticity
2. Trust
3. Kindness
4. Respect
5. Honesty

None of their values for their business matched mine.

It is not to say that they would be inauthentic, untrustworthy, unkind, disrespectful or dishonest, for me it was that these values are key for me and I want to work with businesses that honour these values.

Values are the foundation for me life and my business and if you want to change anything look at your values, and allow them to guide you to make your decisions.

If you want to have some fun, take our core values quiz here <https://www.thecorporateescapists.com/freebie-library/>

For more information or to get in touch with Christine, contact her at;

 | @christine\_innes

 | christineinnescoach





# WHAT ARE YOUR *Core Values?*

Discover your core values & harness them to start building  
the life you want.

[TAKE THE QUIZ](#)



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"THE MOST  
COURAGEOUS ACT  
IS STILL TO THINK  
FOR YOURSELF.  
ALoud."

---

Coco Chanel

**Meet the Dynamic Duo: Those2Sisters Michelle and Diane**

**Michelle an ex- Police Officer and Science degree holder and Diane an ex elite athlete and NLP practitioner. Both have been personal trainers and are FULL OF ENERGY!**

**We're the Those2Sisters, your go-to source for a mind-bending blend of Neuroscience and New Age. We are ACTUAL sisters and are on a mission to make your journey to a stress-free, resilient life an unforgettable one!**



HEL

# THOSE 2 SISTERS

As I sit here and reflect, it's hard to believe it's been three years since my life changed. October 2021—I was a 23-year police veteran, a single Mum juggling it all, suddenly faced with a major decision. I chose to hold my ground, refusing to take "the job," and was eventually terminated from the career that had defined me. The months that followed were filled with tears, sleepless nights, and uncertainty over how I'd pay the bills. Reflecting now, I see this as the catalyst for the life I lead today.

I'm Michelle, one half of Those2Sisters, and the voice behind our story. My sister, Diane, had a vision and created this business from scratch. She'd left the corporate world after years of chasing success and hitting every societal milestone. But she felt empty, knowing there had to be more than the constant hustle and burnout. Today, she's a world-class coach who knows how to deeply connect with women and support them to bring their gifts and magic to the world.

Diane saw something in me that I couldn't yet see in myself. I was one of those women - hiding, stuck in my identity as a police officer, not fully committing to the business Diane had built. I was playing small, stressed, and running on a GSD (Get Sh\*t Done) mindset. My life felt like an endless cycle of busyness without true fulfillment.

With Diane's encouragement, I found the courage to stand by my values, even as it meant losing my job. She was there every step, supporting me through the tears, lifting me up, and taking my kids when I wasn't coping. She did this even when her husband lost his job as an international airline pilot and her family was also suffering. Her support gave me the strength to push past fear and step fully into the life I was meant to live. Now, I have the privilege of doing this for other women—guiding them to confront their fears, embrace their power, and shine.

Our motto at Those2Sisters is "Cut the Crap. Do the Thing. Be the Woman You Were Born to Be." I'm proud to say I've done just that. In stepping into my power, our business has flourished. My ability to create structure and process complements Diane's vision and creativity. Together, we say, "Di throws the spaghetti at the wall, and I clean it up." It's this balance of vision and structure that's allowed us to support and empower countless women.

Our journey revealed a powerful truth: many women, like us, are trying to fit into moulds that don't serve them. They're successful on paper but feel unfulfilled and isolated. They crave community, connection, and a sisterhood that understands their journey. They are lonely. That's why we created Those2Sisters, not just as coaches, but as guides helping women reflect on their lives and rediscover who they are.

Our clients span a wide range—creative entrepreneurs, businesswomen, and high-level leaders. Diane, despite facing her own fears, has written four best-selling books and released over 200 podcast episodes.

Together, we've hosted nearly 20 sold-out retreats, with attendees now coming from around the globe. Through our online community, The Aligned Woman Academy, we support women worldwide as they grow, evolve, and step into alignment.



Overcoming our own imposter syndrome, we now coach million-dollar business owners, helping them embrace vulnerability and align with their true selves. It's truly a dream come true to see these women flourish.

Reflection has been the tool that shaped our journey. Looking back, I see how each experience—good or bad—has shaped who I am. This journey taught me that courage isn't the absence of fear; it's moving forward despite it. It's trusting the whispers of intuition, even when the path is unclear.

As you reflect on your own life, consider what experiences have brought you to this moment. You have the power to rewrite your future. Cheering you on to cut the crap, do the thing, and become the woman you were born to be.

Michelle Anne xx

PS I thought you might like to get to know my sister a bit better, so she is going to answer the questions!

**Most entrepreneurs I speak to forget about celebrating the small wins we have such as signing your first client, your first social media post, etc. Share with us one achievement in your business you forgot to celebrate.**

I remember the day we took more than Michelle's annual police wage in 1 day. It was attendee upgrades after one of our world class retreats on the Gold Coast.

Over \$100k in a day is definitely something to be celebrated & an amount, most people only ever dream of ... the amount I had written in bright pink pen at the top of my vision board (as a long term goal - thinking I would ever really get there)

I didn't take time to celebrate it because instantly our team was thrown into a crazy onboarding frenzy. Which showed me as the CEO where all our gaps were so reflecting back, I focused more on the shortcomings than celebrating the milestone.

**What is the most important piece of advice you would give to someone starting a business?**

Get clear about your Fulfillment 4 (4 highest values) and learn how to adapt, adjust & slide them as you become more successful, your credibility in the industry increases & your business matures. I have seen so many upcoming entrepreneurs lose their way when they start to put success or money in front of their Fulfillment 4.

Review them regularly with a coach & community who hold you (and themselves) to a high standard and build your business based on your personal Fulfillment 4.

To determine your personal Fulfillment 4, you can find more information in my 3rd book. The Aligned Woman's Way, Volume 1. Where each of the authors share their journey to soulful success.

**What has been one of the biggest business ideas you implemented and how did you celebrate this achievement?**

Most people think celebrating happens AFTER you accomplish the achievement. I have a different approach and every time I have implemented a big business idea and taken it from concept to creation birthing a popular product, I have celebrated it into success.

From the day I decide. I celebrate it like it has happened in real time every day. So when it happens in real time, it feels so organic & natural. I allocate time every morning to celebrate it in my mind & anchor to the woman I become as I implement my dreams.

I've had many coaches tell me I have to do it another way, buy an expensive hand bag, go for a nice dinner, lash out on an expensive bottle of wine. But they don't resonate with me. I prefer something more practical. Like the day I published my 2nd book -Millionaire Mum, The Best of Both Worlds I celebrated by changing my front door lock from a key entry to thumbprint digital entry.

**Looking back over the past 12 months, what advice would you have given yourself at the beginning of the year?**

Learn how to discern between what is a whisper (intuition) and what is wounding (story/narrative)

Attune to your whispers and trust yourself. Build strong stable structures within your personal life & business so it can hold the magic you are creating.

Stay in integrity with yourself and be the woman who does what she says she is going to do. Ride the waves keep showing up.

Appreciate the \$10 sale as much as the \$1000, or \$10,000 sale because it ALL adds up very quickly.

**How important is it for entrepreneurs to lift each other up and what does that mean to you?**

Crucial. Our whole Those2Sisters community is built on the concept of cheering & celebrating each other over completing and criticizing .

From day one, I have always cultivated our community a the core value of entering each interaction with "what can I give" attitude, rather than the old"what can I get" approach

If we ALL do this from a full cup, your success and fulfillment will be amplified beyond what the human brain can comprehend.

**How would you answer this question to someone starting out? "How hard is it to make it to the top? Can I do it?"**

I'm not at the top yet so I'm not sure if I am qualified to answer this question.

In my embodied experience so far having lasted several years in business, this is what I have to offer.

Life & business runs in seasons & cycles, if you are prepared to weather the storm and keep showing up even when you feel like you got nothing left to give and subscribe to an enormous amount of Faith & Trust then you're 98% ahead of the rest.

If you can pivot and are coachable, curious and have a solid coach & community on your team, you will ALWAYS find a way. There will be hard days, dark times & moments of despair, exhaustion all matched on the other side with excitement, freedom and liberation.

**One of my favourite quotes around reflection from Oprah is "Learning to appreciate your best lessons, mistakes, and setbacks as stepping stones to the future is a clear sign you're moving in the right direction" What is your favourite quote around reflection?**

"It's not about the how, it's about the NOW"

Diane Mckendrick

So many entrepreneurs have great ideas and then follow it up with "but I'm not sure how"

Instead, I simply ask "What can I do right NOW in this moment that will move me one step closer to my goal"

I listen & attune to my whisper & take inspired action towards my aligned accomplishments which is how I have accomplished so much so quickly.

**If you could write a letter to your younger self what would be one piece of advice you would give to yourself?**

Change your language

Change your life

Use Those2Sisters Divine Hypnotics Modality to rewire your brain, reconnect to your body & remember your BEING so you make more money while sitting on the couch than you ever did grinding in the corporate world.

**How important is it to have a supportive environment around you in business?**

As in the words of Tony Robbins.

Proximity is Power, It will make or break you.

Choose wisely and review regularly.

**What question would you ask the person who inspires you the most? Tell us about this person and why they inspire you?**

My client Sarah Slatter inspires me. I've had front row seats as her coach to her journey as she has birthed her 3rd business She & I Skin Co. consciously clean skin care - She did this with a newborn and a 2.5 year old while running 2 other bricks and mortar businesses.

She inspires me for so many reasons but mostly her ability to have, be and do it all. In her humble way she magically juggles motherhood & business like a pro. Adjusting and sliding her Fulfilment4 but never sacrificing the things that are most important to her. One of the truest examples of an Aligned Woman.

I would ask her about business structure & leadership

For more information or to get in touch with Those 2 Sisters,  
you can contact them at:



| [those2sisters.com/](https://those2sisters.com/)

“I don’t want other people to decide who I am. I want to decide that for myself.”

**Emma Watson**

# Women RISE Conference

15-18 MAY 2026 BALI, INDONESIA

THIS CONFERENCE IS FOR SOUL-LED CONSCIOUS WOMEN WHO WANT TO LEAD WITH PURPOSE, PASSION & PRESENCE WHILST ACTIVATING THEIR EXTRAORDINARY!

The 4th Annual Women RISE Conference is to be held in Bali at the luxurious Sheraton Hotel in Kuta!

We are offering a COMPLETE EVENT PACKAGE including 3-nights' lush accommodation, breakfasts, welcome dinner, plus the 2-day conference that is fully catered for.

You will experience heartfelt connection, collaboration and celebration with an opportunity to RISE into your next level of consciousness, fuelling that FIERCE FEMININE FIRE within you.

The theme of this Women Rise Conference is **ACTIVATING YOUR EXTRAORDINARY.** This is your time to take **MASSIVE ACTION** and **RISE** to new levels of your absolute **GREATNESS.**

This conference will be an **INVALUABLE INVESTMENT IN YOU** feeling more **FOCUSSED, MOTIVATED & INSPIRED** and becoming **UNSTOPPABLE** in your mission to make profound impacts in the world.

Your time is **NOW**, and we want to see you rising together as **STRONG, POWERFUL, FIERCE**, yet **FEMININE LEADERS** with **PASSION, PURPOSE** and **AUTHENTIC PRESENCE.**

Go to the QR code for all the details, pricing and to secure your valuable spot at this revolutionary Conference.

This is the calling for **YOU** to truly **RISE** and if you're ready to activate your greatness within, come and join us in Bali. Your transformational journey awaits you.



PJ ASHLEY



ROBYN RIDLEY



PAULA WILLIS



ANNA WILLEY



JO GODDARD



ANNETTE DENSHAM -  
EMCEE



VANESSA TALBOT



GABRIELLE BAILEY



SUZANNE BUTLER



LOUISE KNIGHT



KAYA SLATER



JO WORTHY -  
FOUNDER





KNOW WHAT  
SPARKS THE LIGHT  
IN YOU. THEN USE  
IT.

**Oprah Winfrey**

... do you need help telling your story ?





1. Coffee catch up to chat about Your Business Dreams & Create Your Unique Shot List
2. Schedule a 3 Hour shoot at Your Chosen Locations
3. Receive 100 Heartfelt images that are All About You  
A personalised image Library



Photography by Annie Noon  
e : annie@fotoforce.com  
p : 0417 882 554

[www.instagram.com/annienoon\\_lifestylelibrary/](http://www.instagram.com/annienoon_lifestylelibrary/)





2025

# THE INSPIRE AWARDS

*Nominate Now*

**ARE YOU THE NEXT CHANGE MAKER?**



# THE SACRED RIPPLE OF YOUR *Inner Work*

BY: LARISSA BEATTIE/SARAMATU

*We often hear the word inspire used to describe great leaders, change-makers, or visionaries. But what if inspiration wasn't something we had to chase or achieve? What if it was something we naturally emanated, just by doing the inner work?*



*\*All Photos from the Sacred Waters  
Retreat in Bali with Saramatu*

Inspiration is not always loud. It doesn't always need a stage, applause, or a perfectly curated message. Sometimes, the most powerful inspiration is the silent transformation happening inside your soul, the kind that lifts the air in a room just because you walked in with a peaceful heart. That's the kind of inspiration that changes the world.

## The Inner Work Is the Real Work

There's an awakening unfolding across the planet. More and more people are turning inward, choosing to meet their shadows, clear old wounds, and reclaim forgotten parts of themselves. This process is not always glamorous. It's not always Instagram-worthy. But it is powerful.

The inner work, healing trauma, dissolving ego patterns, learning self-love, sitting in silence, reclaiming joy, is how we rise. And that rise doesn't just affect you. It impacts everyone you come into contact with, often in ways you may never fully see.

Each time you choose compassion over judgment, stillness over reactivity, love over fear, your energy shifts. Your vibration rises. And that frequency becomes part of the energetic ecosystem that we're all living in.

We are not separate. We never have been.

**When your energy is clear, your life flows with ease.**

## Your Frequency Speaks Louder Than Words

Energy is contagious. You know it. You've felt the room light up when someone truly present enters. You've also felt it dim when someone walks in carrying heaviness and chaos.

What you carry inside, your thoughts, your beliefs, your emotional tone, radiates out into your field. This field interacts with the quantum field of those around you.



It's like a tuning fork, when your energy is calm, clear, and loving, it helps regulate the vibration of those nearby.

You don't need to tell people what you're working on. You don't need to "teach" them. You become the teacher.

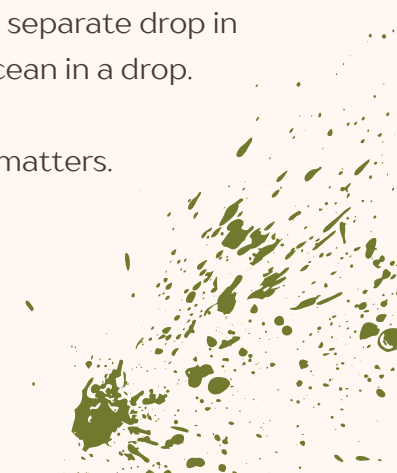
Your presence becomes the permission. Your peace becomes the portal. This is the sacred ripple of inner work.

## You Are a Point of Presence in the Quantum Web

We live in a cosmic, interconnected universe, a quantum web where everything is energy, and everything is connected. You are not a separate drop in the ocean. You are the ocean in a drop.

This means your healing matters.

Your joy matters.



You see, when you choose to become more conscious, you literally shift your point of presence in the collective field. Like a node on a great network, your energy starts emitting a higher frequency signal. And that signal calls others up. It invites coherence, alignment, harmony, even if they don't know why they suddenly feel safer, more seen, or more open in your presence.

You don't have to do anything extra. You just have to be who you truly are, underneath the masks, beneath the programming, beyond the conditioning. That is the most inspiring version of you.

## You're Already Inspiring More Than You Know

Maybe you're the one in your family who started therapy first. Maybe you're the friend who began meditating when no one else understood why. Maybe you're the leader who's prioritising energy, purpose, and humanity over hustle, profit, and performance. Maybe you're the mother who's learning how to regulate your own nervous system so your children don't have to inherit your unhealed patterns.

That is what inspiration looks like in this new world.

It looks like courage. It looks like presence. It looks like someone doing the inner work, not because it's easy, but because they know it's sacred.

It looks like someone who understands that by healing themselves, they are healing generations forward and back.

Let this be your reminder, you don't need to wait for a title, a stage, or a spotlight to be inspiring.

You already are.

Every breath you take in mindfulness...

Every old belief you release...


Every time you return to your heart...

...you're not just doing it for yourself.

You're doing it for your children. For your community. For the collective. For the Earth. For the field of consciousness itself. Inspire, not by pushing. Inspire by being.


Let your life be the embodiment of the inner work. Let your presence be a lighthouse, steady, grounded, and radiant.

Because when one soul rises, we all rise.

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Larissa Beattie here:**

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# SHINE BRIGHT



the world needs you



# SCENTS OF PURPOSE

## How to Use Essential Oils to Support Emotional Wellness, Clarity & Confidence

By Kay Hamilton

Welcome to the Power of Plant-Based Wellness.

In today's fast-paced world, it's easy to feel disconnected, overwhelmed, or burnt out. That's where aromatherapy and essential oils come in—not as fleeting trends, but as tools for lasting wellness. More than just beautiful scents, these oils offer natural solutions for stress management, emotional healing, spiritual alignment, and personal growth.

Young Living, a global leader in essential oils, is known for its Seed to Seal® quality commitment—ensuring every drop is pure, potent, and ethically sourced. These oils are the perfect allies for creating sacred rituals that align with your purpose.

Let's explore how to use Young Living essential oils to embody the seven pillars of I.N.S.P.I.R.E. Magazine, using affirmations, intentional actions, and aromatherapy.

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TO CONNECT



### I – Illuminate

Affirmation: “Clarity comes when I choose to shine light on my path.”

Oil: Lemon Essential Oil

✦ Best for: Mental clarity, focus, positive energy, happiness

✦ How to Use: Diffuse 3–4 drops in your workspace each morning.

Lemon essential oil is known for its fresh, uplifting aroma that supports mental focus and clears emotional fog. It's perfect for mornings when you need to start your day with clarity and confidence.

### N – Nurture

Affirmation: “My self-care is nurturing and sacred to me.”

Oil: Lavender Essential Oil

✦ Best for: Relaxation, better sleep, stress relief, calming,

✦ How to Use: Add to your bath, pillow, or diffuser before bed.

Lavender oil is a must-have for stress relief and emotional soothing. Create a bedtime routine that supports deep rest and reminds you that rest is a vital part of your healing journey.

## S – Shine

Affirmation: “I shine my light boldly—the world benefits from my authenticity.”

Oil: Valor Essential Oil Blend

✦ Best for: Courage, confidence, overcoming fear, public speaking

✦ How to Use: Apply to your wrists or over your heart before public speaking or meetings.

Known as “courage in a bottle,” Valor essential oil is your go-to blend for moments when you need to feel empowered and self-assured.

## P – Purpose

Affirmation: “I live with intention and act from inner alignment.”

Oil: Frankincense Essential Oil

✦ Best for: Meditation, spiritual growth, inner peace, grounding

✦ How to Use: Diffuse during journaling or apply to your temples during quiet reflection.

Used in sacred rituals for centuries, Frankincense essential oil helps you align your daily actions with your soul’s deeper mission.

## I – Inspire

Affirmation: “My inspiration is ignited with a single breath.”

Oil: Peppermint Essential Oil

✦ Best for: Energy, creativity, mental refresh, creative focus, brain boosting

✦ How to Use: Inhale directly from the bottle or diffuse mid-afternoon for a natural pick-me-up.

Peppermint essential oil naturally stimulates the mind and awakens creative energy. Use it when you feel stuck or sluggish to reawaken your spark.

## R – Rise

Affirmation: “I rise above limitations and step into greatness.”

Oil: Release™ Essential Oil Blend

✦ Best for: Emotional release, mindset reset, letting go of the past

✦ How to Use: Apply to your heart or diffuse during journaling or breathwork.

Release™ essential oil is a blend that supports emotional freedom. Let it help you let go of limiting beliefs and rise into your next level with peace and confidence.

## E – Empower

Affirmation: “I am empowered and worthy.”

Oil: Abundance Essential Oil Blend

✦ Best for: Abundance mindset, confidence, manifestation, prosperity and success

✦ How to Use: Apply to your wrists before affirmations, anoint your wallet, or use while visualizing your goals.

The warm, spicy aroma of Abundance essential oil blend ignites belief in your own worthiness and your ability to receive all the good life has to offer.

*Make Aromatherapy Part of Your Sacred Routine for success.*

*Young Living essential oils are more than just a wellness trend—they're a tool for emotional healing, personal development, and spiritual alignment.*

*Whether you're diffusing Lemon for focus, using Frankincense for meditation, or applying Abundance to manifest your goals, each drop has the power to elevate your day.*

*These beautiful oils support every stage of your journey—helping you nurture yourself, clarify your path, and rise into your full potential.*

# *the manifesto of* **I.N.S.P.I.R.E.**

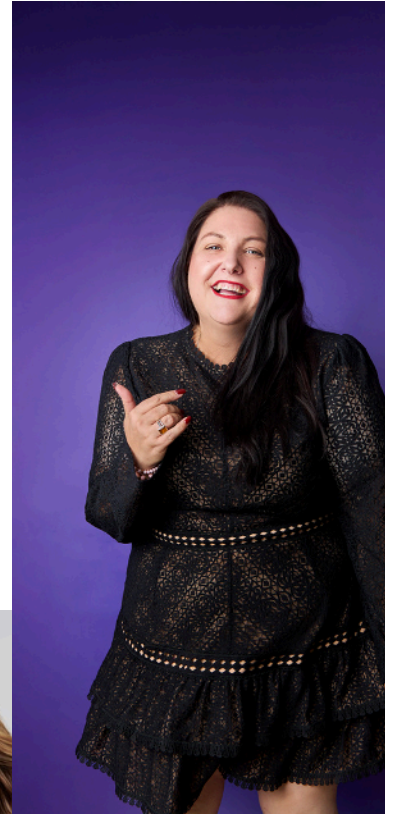
At the heart of every changemaker lies a set of values that guide their journey, shape their actions, and illuminate their path. The **I.N.S.P.I.R.E.** Principles embody the essence of what it means to lead with courage, rise with purpose, and create ripples of transformation that reach far beyond ourselves. These are more than words—they are a call to live boldly, nurture deeply, and shine unapologetically.

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**ILLUMINATE:** Shining a light on truth—bringing clarity and visibility where there was once darkness.

**NURTURE:** Nourishing the soul, the vision, and the community—knowing that lasting growth begins from within.

**SHINE:** Owning brilliance unapologetically—standing tall, being seen, and inspiring others to do the same.

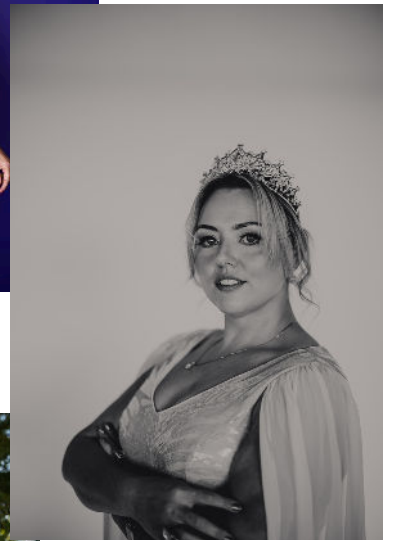


**PURPOSE:** Led by mission, grounded in integrity, and intentional in every action—knowing the ‘why’ behind the work.

**INSPIRE:** Sparking change through story, leadership, and heart—uplifting others to step fully into their potential.

**RISE:** Rising from every challenge, every fall—stronger, wiser, and aligned with the highest self.

**EMPOWER:** Creating space for others to believe in themselves, take action, and step into their own light.



*DEFINED BY COURAGE, DRIVEN BY PURPOSE.  
AN **I.N.S.P.I.R.E.** CHANGEMAKER DOESN'T JUST  
DREAM—THEY ILLUMINATE, NURTURE, AND RISE,  
CREATING RIPPLES OF TRANSFORMATION WHEREVER  
THEY GO. THEY EMBODY RESILIENCE, LEAD WITH  
HEART, AND EMPOWER OTHERS TO SHINE.*

# INSPIRED FINDS

*Visibility is the beginning of legacy.*



## 1. CELEBRATE AT THE INSPIRE AWARDS

Where changemakers gather to celebrate each other. Join us for a night of connection, a 3-course meal, champagne on arrival, and soul-stirring inspiration.

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## 2. THE INSPIRE AWARDS NOMINATE TODAY

Nominate a visionary who lights up the world—or claim your own spotlight. The Inspire Awards are for those who rise and lead with purpose.

Scan to nominate today



## 3. A GRATEFUL LIFE BECOME A CO-AUTHOR

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# *join!* OUR CIRCLE OF CHANGEMAKERS

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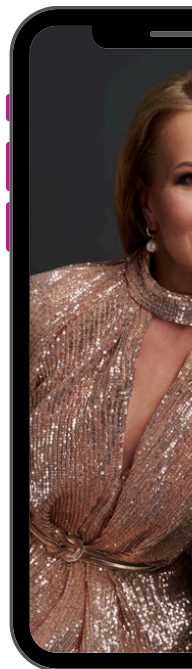
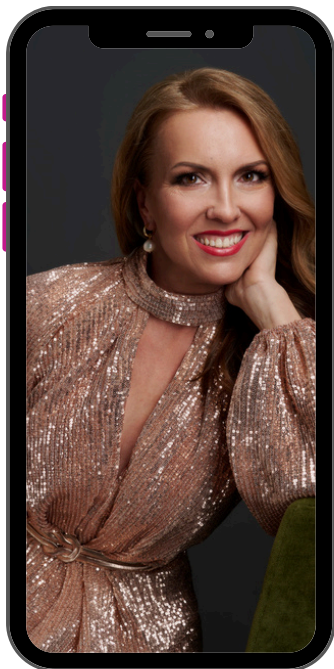
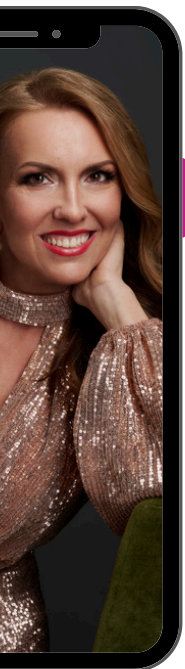
*Celebrating changemakers, dreamers, and doers who  
illuminate the world.*

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community that empowers.

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# I.N.S.P.I.R.E.

ILLUMINATE

NUTURE

SHINE

PURPOSE

INSPIRE

RISE

EMPOWER

